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*For the Belfast Monthly Magazine.*

**W**E willingly lend our aid to the more generally diffusing of the following cautions recommended by the physicians and surgeons of the Bath Hospital, to plumbers, painters, glaziers, and other artificers, who are exposed to the action of the poison of lead.

*We earnestly recommend these cautions to workmen engaged in such trades. A little caution may prevent disease and much consequent suffering.*

To maintain the strictest temperance particularly respecting distilled spirits, which had better be altogether forborne—to pay the strictest attention to cleanliness, and never, when it can be avoided, to daub their hands with paint, and particularly never to eat their meat, or go to rest, without washing their hands and face. Not to eat or drink in the room or place wherein they work, and much less to suffer any food or drink to remain exposed to the fumes or dust of the metal in the workshops or warehouses. As the clothes of persons in this line (painters particularly) are generally observed to be much soiled with the colours they use, it is recommended to them to perform their work in frocks of ticken which may be frequently washed, and conveniently laid aside when the workmen go to their meals; and again put on when they resume their work. Every business which can, in these branches, should be performed with gloves on the hands, and woollen or worsted gloves are recommended; as they may be often washed, as they should always be after being soiled with paint, or even by rubbing against the metal.—Caution is necessary in mixing, or even in unpacking the dry colours, that the fine powder does not get into the nostrils, or be drawn in by the breath. A crape covering over the face might be of service; but care should be taken to turn always the same side towards the face, and to clean or wash it frequently. All artificers should avoid touching lead when hot, and this caution is especially necessary for printers and compositors who have often lost the use of their limbs by handling the types

when drying by the fire after being washed. Glazier's putty should never be made or moulded by the hand. An iron pestle and mortar would work the ingredients together, at least equally well, and without hazard.—If any person in any of the above employments, should feel pain in the bowels, with costiveness, they should immediately take twenty drops of laudanum, and when the pain is abated, two table spoonfuls of castor oil, or an ounce of the bitter purging salt, dissolved in warm camomile tea. If this does not succeed, a pint or two pints of warm soap-suds should be thrown up as a clyster.—As a preventative, two or three tea spoonfuls of salad oil, taken in a small cup of gruel, are likely to be of service, if taken daily, and steadily pursued.

*To the Editor of the Belfast Magazine.*

**T**HE happiness to be derived from a country life, and rural occupations, has deservedly employed the pen, both of the poet and the philosopher, and has been acknowledged in all ages. It must, however, be confessed, that to some the town has likewise its attractions. To these people, who find in the bustle and confusion of business or amusement, a thousand sources of pleasure, the solitude of the country would appear intolerable. Yet when we draw a fair comparison between the two ways of life, we cannot but be astonished, that so many should prefer the tumults of the city, to the calm and genuine pleasures of a country life.

When we are stunned by the discordant tones of criers, the jingling of carts, and the deafening noise of drums and trumpets, the heart pants for the calm quiet of retirement. The man of sensibility and reflection, disgusted with such tumultuous scenes, longs to fly from them, and to bury himself in the deepest recesses of some dark and silent glen, to throw himself on the banks of a winding rivulet, and listen to its gurgling sounds as it murmurs slowly along. The rugged mountains rising to immense heights, and in a thousand different shapes on every side, fill the mind with sublime